

CLAIMS

1. A method of preventing, ameliorating, progress blocking, or therapeutically treating one or more stress-induced diseases comprising administering to a subject in need thereof an effective amount of a pharmaceutical composition comprising lysine.
- 5        2. The method of Claim 1, wherein the lysine is L-lysine.
3. The method of Claim 1, wherein the lysine is in a free form.
4. The method of Claim 1, wherein the lysine is in a salt form.
5. The method of Claim 1, wherein said pharmaceutical composition is selected from the group consisting of a food, a drink, or a feed.
- 10      6. The method of Claim 1, wherein said pharmaceutical composition further comprises one or more additional amino acids.
7. The method of Claim 6, wherein said one or more additional amino acids are in a free form.
8. The method of Claim 6, wherein said one or more additional amino acids are in a salt form.
- 15      9. The method of Claim 6, wherein said one or more additional amino acids are individually in a free or salt form.
10. The method of Claim 6, wherein at least one of said one or more additional amino acids is selected from the group consisting of arginine, glutamic acid, and aspartic acid.
- 20      11. The method of Claim 1, wherein the lysine is in a salt form salt with glutamic acid or aspartic acid.
12. The method of Claim 1, wherein the lysine is in a salt form salt with glutamic acid and which contains arginine.
13. The method of Claim 1, wherein said administering entails providing to said 25     subject the pharmaceutical composition prior to or during stress loading.

14. The method of Claim 1, wherein said subject in need thereof suffers from lysine deficiency.
15. The method of Claim 1, wherein said stress-induced diseases include one or more diseases selected from the group consisting of anxiety disorders, psychosomatic disorders, dissociated disorders, emotion disorders, abnormal gastric motion, irritable colon syndrome, 5 irritable bowel syndrome, and gastric ulcer.
16. The method of Claim 1, wherein said effective amount is 0.001 to 13 g/kg/body weight daily on a free lysine form basis.
17. The method of Claim 1, wherein said effective amount is such that the total intake 10 of lysine is 0.001 to 13 g/kg/body weight daily on a free lysine form basis.
18. The method of Claim 1, wherein said pharmaceutical composition contains lysine at 90 to 0.1 % by weight on a free form basis.
19. The method of Claim 1, wherein said pharmaceutical composition contains a lysine content of 1.1- to 3.0-fold the recommended nutritious requirement of lysine.
20. The method of Claim 1, wherein said subject in need thereof is an animal selected 15 from the group consisting of human, cattle, pig, chicken, and culture fish.
21. The method of Claim 20, wherein said subject in need thereof is a human.
22. The method of Claim 1, wherein said pharmaceutical composition further comprises inorganic matter.
23. The method of Claim 1, wherein said pharmaceutical composition further 20 comprises a pharmaceutically acceptable carrier or excipient.
24. A pharmaceutical composition comprising lysine and a pharmaceutically acceptable carrier or excipient.
25. The pharmaceutical composition of Claim 24, wherein lysine is at a concentration 25 of 90 to 0.1 % by weight on a free form basis.

26. The pharmaceutical composition of Claim 24, wherein said pharmaceutical composition further comprises inorganic matter.